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PHYSICAL TRAINING.

CARL J. KROH.

THE gymnastics for the pedagogic class during the spring quarter, designed to supplement the work of the first and second-year students who had qualified for practical gymnasium work, comprised progressively arranged apparatus series and gymnastic themes, modified and adapted in accordance with the general scheme of school gymnastics involving grade aims. These exercises were regularly preceded by short adaptations of preparatory or related forms of free exercises. The employment of hand apparatus during the free exercises was suggestive of forms of exercise leading to special skill. Outdoor practices in field exercises and sports were studied with special reference to their character and legitimate place in the intermediate and grammar grades, as determined by the proficiency of the pupils engaging in them, and to the regulation of this branch of exercise.

Methods of class, as well as graded group, gymnastics included index records of work and progress achieved; also records of tests of strength, endurance, and skill.

The discussions embraced, in part, a consideration of gymnastic and athletic action-forms, of typical apparatus and field forms, and their values, gymnastically, as exercises promoting strength, endurance, and skill; form, symmetry, co-ordinate action. Modifications of definite action-forms and the adaptation of typical gymnastic orders to different classes under varying conditions, including choice of apparatus and adjustment, together with a study of preparatory or related forms of exercise, broadened the conception of possibilities, and disclosed many ways of reinforcing progress in gymnastics in classes of varying sizes. Gymnastic nomenclature proved an interesting feature in these discussions.

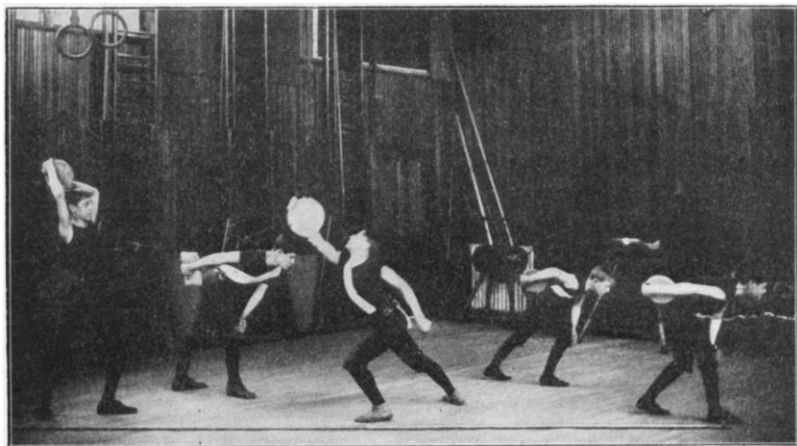
Topical recitations, based on observations of the human body, were supplemented by a study of anatomical models, and included reviews of the skeletal and muscle structures and form, muscular movement and extent of action, and the mechanism of typical gymnastic action-forms.

The students were enjoined to observe the regular lessons of the grades and the outdoor practice on the school playgrounds.¹

SPORTS, GAMES, AND PLAYS.

QUOIT-PITCHING.

The distinction between quoit-pitching and discus-throwing, between which there is a resemblance, is, that in the former the final movement of lunging forward, to lend force to the arm and body action, is omitted. In the position of the right-handed quoit pitcher the foot of the same side is



THROWING THE DISCUS.

usually set forward, the first and the second movements of the discus thrower being reproduced. The movements are not so vigorous as in the hurling of the disc, which is done to cover the greatest possible distance,² whereas quoits are pitched over a course agreed upon, toward stakes placed at both ends and projecting a few inches above the ground at a distance of from 35 to 40 feet to as many yards. The width of the course need not exceed 10 feet. Soft turf is the best ground.

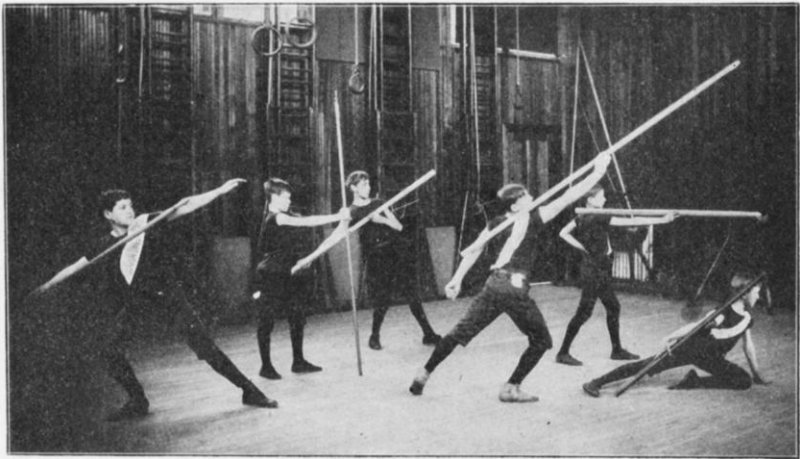
Quoits are convex on the upper side and slightly concave on the other. The edges should not be too blunt, in order to allow imbedding in the ground and to prevent rolling. The center of the quoit is hollow, the ring being indented to facilitate grasp of thumb. Size, 6 to 8 inches in diameter; weight, 2 to 5 pounds.

¹See, in grade outlines, memoranda of exercises in tactics, tacto-gymnastics; dancing exercises, roundels, apparatus gymnastics; games and plays.

²World's record, 122 feet, 3 $\frac{5}{8}$ inches. Size of antique disc, 20 centimeters; weight, 2 kilograms. Modern, 4 inches, 3 $\frac{1}{2}$ pounds.

As a game, quoit-pitching may be practiced in pairs, or by sides, or by teams, the individual players being provided with two quoits each, and pitching in the order determined in the preliminary trials, according to proximity to stakes. The preliminary trials are made by the teams separately; in the game the players of the respective teams alternate in pitching. Quoits should be pitched at an angle of about 45 degrees, and be given a rotary motion to steady their course.

Scores include "ringers," *i. e.*, two points made by encircling the stake, or "hob." Distances are measured from the hobs to the edges of the two



THROWING THE SPEAR.

nearest quoits, and count one point for each. Displaced quoits are scored according to their final positions. Quoits which have rolled, as well as those with the convex side uppermost, are not scored.

POLE-VAULTING.

The pupils, provided with vaulting poles,¹ are aligned in files corresponding to the number of running courses available. Distances between files and ranks measure from 6 to 8 feet. Mats with rubber-covered spring-boards, placed close, are provided for each course at a distance from and in front of

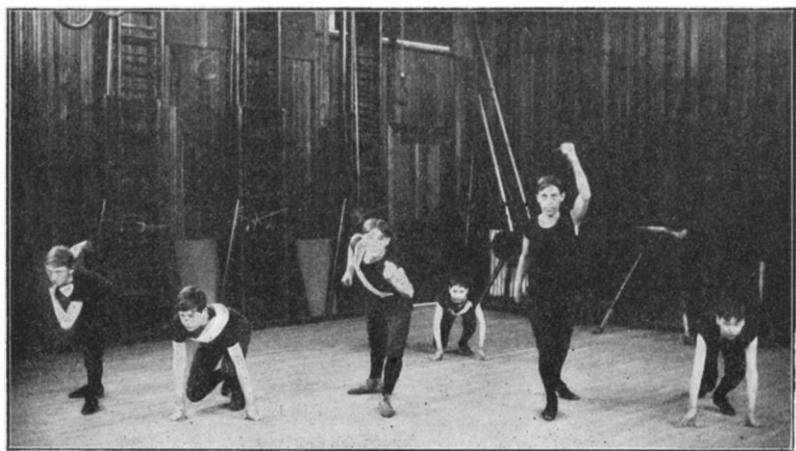
¹ The iron-banded hickory poles, 8 to 10 feet in length, with blunt ends, sold by the Gloy Co., Chicago, at \$4 per dozen, are suitable for all class purposes, for boys as well as girls. The regulation poles are made of hickory, spruce, oak, pine, or ash, spruce and ash being preferable. They are 16 feet in length, an inch and a half in diameter, and cost from \$3.50 to \$6 each. Hollow spruce poles, lighter and stronger, cost from \$8 to \$10 each.

the class.¹ Pupils leave heads of files and align at ends, passing same sides after each exercise, the class moving forward in the direction of the starting places with each succession.

PRELIMINARY CLASS EXERCISES.

(Poles placed next right sides, grasped at height of shoulders. Exercises are executed left as well as right.)

Stride position backward right, pole held horizontally, at height of hips, and directed to the front—1! (The right hand glides upward to grasp height of reach, the other hand “overgrasping” the pole, arms outstretched, about



STARTS IN SPRINTING.

shoulder width apart.) Bend right knee, pushing the pole backward by bending the forward arm height of chest—2! First position (as 1)—3! Fundamental position—4!

Repeat, stretching right and bending left knee, lowering the forward end of the pole at “3!” Resume fundamental position at “4!”

Repeat, bending right knee in the first position, and the left knee to plant the pole in the second position; resume first and fundamental position (1-4). (The pole is planted in front of the opposite foot at a distance of 18 or 20 inches, by stretching the lower and bending the upper arm.)

Repeat, swinging the right leg forward and springing off with the left foot to alight on both feet next the pole at “3!” Stretch knees and resume grasp of pole with the *left* hand at “4!”

¹ Outdoors, the “take off” and starting courses are marked; wooden cross-bars are placed on the uprights instead of the ropes of the ordinary jumping standards; the landing should be soft turf, free from pebbles.

Repeat, planting the pole in front of the right foot (from left to right)—1-4! (Continue left and right alternately in the direction forward.)

Repeat, with quarter facings toward the pole. (Pole replaced on the same side, the exercise is repeated three times until the starting-point has been regained.)

Jumping standards, ropes 18 inches high or higher.

Repeat exercises by ranks, raising ropes 3 inches with each repetition. (By entire class.)

Repeat, as distance jumps. (Move jumping standards forward, adding mats in front.)

Skill in vaulting acquired, heights and distances may be adjusted to allow maximum flights attainable by files, or graduated groups of pupils.

In the practice jumping—from 2 to 4 feet, to develop form—the poles are carried over the ropes during the act of landing and not thrown back as outdoors, where the higher cross-bars interfere.

If both ends of the poles are properly iron-banded, the vaulting of the preliminary practice may be executed left and right alternately, first on one end of the pole and then on the other, without change of grasp—both hands “undergrasping.”

NOTE.—World's pole-vaulting records: indoors, 11 feet, 1¾ inches; outdoors, 11 feet, 10½ inches. Cook county high-school record, outdoors: 10 feet, 6½ inches.

PUTTING THE SHOT.

Leather shot-bags: round, or square granite stones; iron or lead balls. Pupils aligned as for pole-vaulting. Shot-bags, or stones, placed on the edge of the base line.

SELECT PRELIMINARY CLASS EXERCISES.

(Using bean-bags, dumb-bells. Execute left as well as right.)

Stoop forward from ordinary standing position to grasp the stone with both hands, resuming position with arms bent upward (stone held with both hands)—1! Stride position backward right, right knee bent and body slightly turned, and inclined backward, stone resting on the right hand (arm bent upward, left arm extended forward)—2! Stretch right knee, bending left, and push the stone forward with vigor, without overstepping the base line—3! Position—4!

The stone is “put” for distance and height, and both combined. The exercises can be repeated with walking and running starts; also in place, preceded by trunk-swinging (rotation), hopping on one foot, or on both feet alternately, with accompanying knee-bending, etc.¹

¹World's shot records: Outdoors, 12-pound shot, 55 feet, 2 inches; 16-pound shot, 47 feet. Indoors, 12-pound, 49 feet, 2 inches. Cook county high-school records: 12-pound, 44 feet, ¾ inch; 16-pound, 33 feet, 8½ inches.